**LEVEL 3**

**(Green, Adv. Green, Brown, Adv. Brown, Level 3 Tester)**

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| **Stripe** | **Cycle 1** | **Cycle 2** | **Cycle 3** | **Cycle 4** |
| **Yellow** | Grab Defense #31. Attention
2. Lock hands
3. Elbows in
4. Step back
5. Strike
6. Back Stance
 | Pinion #3aSquatting Position1. Double-punch down
2. Hands to chest
3. Double back-knuckle
4. Double punch to front
5. Arms back to the L side
6. Circle arms (end: out-blk, hook punch position)
7. Back-knuckle + punch
8. Upward-cross block
9. Forward stance
10. Double punch
11. Hand up
12. Knee up
13. Kick + cover
14. Turn
15. Circle cover
16. Bottom fist, horse stance
 | Grab Defense #41. Attention
2. Arms in position
3. Step back
4. Switch arms
5. Step & backfist (back stance)
6. Back stance
 | Strikes 5:* Shuto chop double long
* Tiger claw
* Bear claw
* U-Punch
* Ridgehand
 |
| **Orange** | Punch Defense #31. Attention
2. Table + Arms ready
3. Kick + Fist Strike
4. Switch & Grab
5. Step + Throw
6. Cover
7. Cross-over
8. Back knuckle
9. Slide up + Cover
10. Cross-over
11. Back knuckle
12. L Grab
13. Roundhouse punch
14. Step + kick
15. Back stance
 | Pinion #3b1. Double punch to front
2. Arms back to the right
3. Cross over
4. Double punch to front
5. Pull back to the left
6. Chop
7. L side step
8. Punch
9. R side step
10. Elbow
11. Straight cover
12. Knee up
13. Shooting star
14. Double punch to front
15. Pull arms back to R side
16. Step
17. Upward block + punch
 | Punch Defense #41. Attention
2. R knee up; hands on sides
3. Roundhouse punch + front kick
4. Step forward + grab
5. Side-step
6. Sweep
7. Flip wrist
8. Low R front kick
9. R heel
10. R scoop/step under head
11. Break
12. R Back Knuckle
13. L step into Horse Stance
14. R stomp
15. R punch down
16. Back Stance
 | Pinion #4aSquatting Position1. L open hand out to side
2. L slash across
3. R hand punch down
4. Outward blk + punch
5. Double punch to front
6. Pull arms to R side
7. Outward blk + prep punch to L side
8. BK + punch to side
9. Pull arms back to L side
10. Outward blk + punch to front
11. Upper cross blk
12. Pull arms back
 |
| **Purple** | SD Combo #3*vs. Rear choke (1 arm)*1. SD Stance
2. Chin down, grab inside arm
3. Head-butt
4. Step to side & turn in
5. Elbow (backwards)
6. Hammer to groin
7. Stomp foot
8. Escape
9. Push
10. Distance
 | Pinion #3b1. Cat stance
2. Push down
3. Peacock block
4. Step
5. Circle cover to the right
6. Spear-hand vert, cover
7. Cat stance
8. Blade of the hand block
9. Knee up, elbow up
10. Elbow smash
11. Pull back to left
12. Side step
13. Punch
14. Pull back to right
15. Side step
16. Punch
17. Cat stance
18. Push down
19. Back-knuckle
20. Horse stance

Finish Position | SD Combo #4*vs. rear bear hug (over arms)*1. SD Stance
2. Drop weight
3. Step to side
4. Hammer to groin
5. R leg steps + hammer to side of head
6. Elbow sideways
7. Grab + knee
8. Distance
 | Pinion #4b1. L knee table to L side
2. Kick + L smash
3. Horse stance
4. Upper cross (L on top)
5. Pull arms back
6. R open hand out to side
7. R slash across
8. L hand punch down
9. Outward blk + punch
10. Double punch to front
11. Pull arms to L side
12. Outward blk + prep punch to R side
13. BK + punch to side
14. Pull arms back to R side
15. Outward blk + punch to front

Finish Position |
| **Blue** | Hook KickAx Kick  | Padded Stick Strikes | Defensive SidekickDefensive Spin Back Kick | Takedowns 1 + 2 |
| **Green** | Hook Kick + Ax Kick Counters*(step forward; triangle step)* | Padded Stick Blocks | Defensive Side & Defensive Spin Back Kicks vs Attacks | Takedown 1 + 2 Counters |
| **Brown** | Hook + Ax Kick Sparring | Padded Stick Sparring | Defensive Side & Spin Back Kick Sparring | Takedown Sparring |
| **Level 3** **Tester Belt: Fitness Set 3** | 15 Jumping Jacks15 Mountain Climbers15 Jump Squats15 Knuckle Push-ups15 Roman Sit-Ups15 LungesTime: 3:00 minutes |